

INUITLU SIGAAQTLUK ATUGAA: ILAKSAQTUAQ TAAMNA UQAQ TUAT



Inugiaktut tutqaanaittuq suuqta nutaraq ukiuqmun qulit pingasutmun atugaa sigaaqtluq, ila inuuniarviklu uumayuaqlu. Nutaraq ukiuqmun qulit pingasutmun atugaa sigaaqtluq uqaqtuaq ilannaqmun asulu isuma quvaisuktugutlu. Nutaraq ukiuqmun qulit pingasutmun isumaaluktuaqlu isumalu tamaita atugaa sigaaqtluq, asiin napsuiyaqnaitunga?

Inukittut nutaraq ukiuqmun qulit pingasutmun atugaa sigaaqtluq isumaaluktuaq, siniktuaqlu tuqupsisuktuaqlu annualaktuaqlu. Tutqaanaittuq atugaa sigaaqtluq taamna ila atautchikun tapqua. Inugiaktut inuuniarvik isaktuaq Inuit ilaksaqtuat suuq atugaa sigaaqtluq. Ilisaqlusi kiilu Nangiarnaqtuq Ilitaqlu isaktuaq Inuit atuatchikun taamna sigaaqtluq, qaritauyaqmum
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Atugaa kiilu sigaaqtluq malrungnik inugiaktut taamna Canadian nutaraq ukiuqmun qulit pingasutmun asiin kiilu tapqua innat. Inuit-kisiani katitait kisitjutit mikiyuq kangma, aglaan uvagut qiniraa isumayuaq taamna:

- Sigaaqtluq atugaa tapqua Nunaruaqqaaqtuatlu Inuit nutaraq ukiuqmun qulit pingasutmun kiilu atdjigiiktuk Canadian tamaan
- Inugiaktut Inuit nutaraq ukiuqmun qulit pingasutmun isaktuat atugaalu sigaaqtluq nutaraqmun, sivulliq ukiuq tallimat pingasutlu qulingiluatlu
- Asiin suquiqtuaq atausiqlu arviniliklu atugaa sigaaqtluq pimagaa sigaaqtluq atugaa isuma surraituqlu

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Taamna nutaraq atugaa sigaaqtluq, kiilu nangiarnaqtuq tapqua surraituqlu uqqituaqlu. Inuit nutaraq ukiuqmun qulit pingasutmun atugaa sigaaqtluqtut:

- Uuktugaalu tirlimanniktuq
- Nirupsaarsimayuaqlu quvaisuktugutlu
- Atuatchikun ilannatlu atunimunlu
- Isumaaluktuqaq, tuqupsisuktuaq uumayuaqlu
- Ikayuqtuat sinikmun
- Iluqatik innat takuyaa

Asiin uqaqlutin nutaraq ukiuqmun qulit pingasutmun taamna sigaaqtluq atugaa sivulliqmi inuuyuat, iluaqtuat ilisimayaalu.

SUKAYUQ TUTQAANAITTUQ

- Sigaaqtluq, taamna ujarak, milutsi/miluksi, surrarnaqtuq, aangajaarnaqtuq, sigaaqtluq, asulu sikarelukak surautat isaktuaq isuma, timilu tamaan atugaa allauyuaq.
- Tapqua isuma sigaaqtluq kiilu sivituyumik isaktuaq qaritaq suli, taamna nutaraq, ukiuqmun qulit pingasutmunlu.

QANUQ UQAQTUYUT SIGAAQTLUK TAPQUA NUTARAQ UKIUQMUN QULIT PINGASUTMUN?

Atunimlu ilannaqlu ilatkalu tamaan inukittut ilisimayuat tapqua nutaraq ukiuqmun qulit pingasutmun taamna sigaaqtluq atugaa.

Uqaqtuat sigaaqtluq atugaa, ilakkalu kamagilu asulu pasiyaalu. Tusaayaalu kamagilu nutaraq ukiuqmun qulit pingasutmun illisaktuat illisaklutin munarilu uqaqtuat. Tapqua Inuit Kamagi ikayuqtuat uqaqtuit, taamna Aajiiqatigiinniq – ilaksaqtauaq tapqua uqaqtuatlu angiqtuaq, Tunnganarniq – munarilu ila tamaita, atuatchikun kamagilu. Aglaan pisuktuaq kappiuqiyuaq ilisaqtuaq, qiniraa anngiyyagaa pitchiriittuq nutaraq ukiuqmun qulit pingasutmun. Taamna uqaqtuat sigaaqtlukmun ikayuutingit kamagilu, munarilu ilisimayaa anngiyyagaa tapqua ilitchurinmun.

Isaktuaq uqaqtuat sigaaqtluq tapqua nutaraq ukiuqmun qulit pingasutmun pitchiriittuq inukittut ilakkamun. Kiilu taamna “[Tutqaanaaittuq Inuitlu taamna Sigaaqtluq](#)” makpiraat, una inukittut isumayuaq sivuani uqaqtutin:

1. **Suniaqvit una uqaqtuat? Suniaqvit uqaqtuat asulu maqaiga uqausiit?**
2. **Una uqaqtuat “tutqaanaaittuq” taamna sigaaqtluq atugaa, asiin ilisimayaa piliun illisaktuatlu atugaalu?**
3. **Tutqaanaaittuq kisiani maqaigaalu isivriugaa asiin nutqiutuaq anngiyyagaa uqausiit.**
4. **Itqaqtuaq tusaayaalu uqausiit atunim.**
5. **Asiin tutqaanaaittuq suinnauyuk, taamna tutqaanaaittuq nakuuyut ilaksaqtauaq, aqutiuvit sigaaqtlukvit.**
Uqausiit “Uqaqtuat inukittut isuma nakuuyut ilaksaqtauaq taamna sigaaqtluq?”

6. Kangiqsiyalu tutqaanaittuq atugaa sigaaqtluq isumayunga allauyuat.

Uqausiit "Uvagut tusaayaa isumatuyut isumalu, taamna sigaaqtluq ilvitmun nirupsaarsimayuaq. Isumayuyut allauyuuaq aliiquisiqtuaq ikayuqtuaq nirupsaarsimayuaq?"



7. Ilisimayuaq ningaqnaittuq nutaraqmun anngiyyagaayut - tutqaanaittuqlu apiqsiyavit.

Uqausiit "Qanuqlii ilvit apiqsiyaa taamna? Qanuqlii uqaqtuaq quliaq?"

8. Atugaa sigaaqtluq taimungamun, ila uqaqtuaq tapqua nangiarnaqtuq mikliyuaq asiin ikayuqtuat isumayuaq isuma isaktuaq taamna sigaaqtluq inuusiq sivuani allauyuuaq pisuktuaq.

Uqausiit "Uvanga tusaayaa ilvit uqaqtutin sigaaqtluq atugaa pisuktuaq taimungamun, qakugu apiqsinaikpit pisuktunga ikayuqmiik?"

9. Atugaa qanuqlika apiqsigaalu angiqtuaq taamna nutaraq ukiuqmun qulit pingasutmun uqaqtuatlu kisiani.

Uqausiit "Kiilu uqaqlutin taamna..."



Nutaraq ukiuqmun qulit pingasutmun allauyuqaq inuusiqlu illisaklutin asiin sigaaqtluq ilisaqtuat kisiani inuumun.

Iluqatik tutqiktuat, tapqua uqaqtuaq suuq (inuum ilisimayuat) atugaa sigaaqtluq ikayuqnaiga iluqatik kangiqsiyaa nakuuyuq. Ikayuqnaigin, innaq, ikayuqtualtu allauyuqaq sivunniurutit Ilisimayuaq surraituqlu mikliyuaq asulu annaiqtuq taamna sigaaqtluq.

- **Uqaqtuat sigaaqtluq nutaraqmum:**

Uqaqtutin nutaraqmum tapqua nangiarnaqtuq atimayuaq niaquq-ilitaq, nusuqjtuq sukun apqunmi, uqaqtuat naluyuut inuum, pimagaa naluyuut qanuglika – sigaaqtluq isumatun “uqqituaq” uqausiit.

- **Uqaqin sigaaqtluq nutaraq ukiuqmun qulit pingasutmun:**

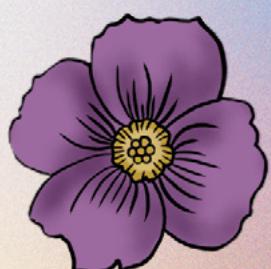
Asiin, nutaraq ukiuqmun qulit pingasutmun apiqsinaiktut atugaalu sigaaqtluq. Nutaraq ukiuqmun qulit pingasutmun uqallautiyaun taamna sigaaqtluq atugaa ikayuqtuaq kangiqsiyaa tutqaanaittuq atugaa ila nangiarnaqtuq mikliyuaq. Atugaa sigaaqtluq inugiaktut nutaraqmum kiilu nangiarnaqtuq isaktuaq ilisaqtuaqlu taimaunga inuusiqmi, aglaan uqaqlusi una uqallautiyaun asiin allauyuqaq ilaksaqtuaq taimaunga. Ikayuqlusi nutaraq ukiuqmun qulit pingasutmun pasiyaalu, atuatchikun makpiraatlu, ikayuqtuaq surraituq allauyuqaq taamna isumaaluktuaq paluktainaqlu piuyaqlu ilisimaya. Atautchikun, ilvitlu, nutaraq ukiuqmun qulit pingasutmun ilisaqluutin kiilu taamna sigaaqtluq uqqituaqlu nangiarnaqtuq mikliyuaq atugaa sungiutit makpiraat taamna Pauktuutit sigaaqtluq makpiraat ikayukti katitait, allauyuat uqaqtuit. Ikayuqtuat nutaraq ukiuqmun qulit pingasutmun kangiqsiyaa utaqqiyaalu maqaiglutin sigaaqtluq atugaa ukiuqtutigiyuq isuma asiin timilu surraituqlu. Ikayuqtuat nutaraq ukiuqmun qulit pingasutmun uqaqtuatlu allauyuqaq taamna sigaaqtluq paluktainaq isumaaluktuaq, isuma surraituq, siniklu isuma quvaisuktugut ilannatlu.

- **Uqaqlutin nutaraq ukiuqmun qulit pingasutmun (akimiaq sitamat kiilu+):**

Uqaqtuatin sigaaqtluq nutaraq ukiuqmun qulit pingasutmun, nakuuyuq ilisimayuat taimungamun illisaktuat taamna sigaaqtluq. Uqaqtuatin sivullirmikmi apiqsigaalu “naamaktutin uqaqlutin sigaaqtluq uvangamun?”. Itqaqsautiqlutin tamaita surautat sigaaqtluq nangiarnaqtuq surraituqlu uqqituaqlu. Angiyuq uliqtuaq niqimun sigaaqtluq uninngaqtuaq illisaktuat isuqtuqlu suqsauniqtuq isuma. Uqaqtuat innaqmun, iluaqtuaq ilaksaqtuaq asiin atugaa sigaaqtluq uqqituaq isaktuaq mikiyuqmiklu ilisimayuaq qanuq ilvitmun isaktuaq. Tapqua nutaraq ukiuqmun qulit pingasutmun ilaksaqtuaq atugaa sigaaqtluq, itqaqtuaq asiin pitquyaq aqtiuvit aksaligaq kinguvatigun atugaa sigaaqtluq, taamna sakuittuq isaktuaq aqtiuvit. Aqtiuvit sigaaqtluq atugaa nangiarnaqtuqt ilvitlu aulayaqtiiilu, asiin suqsauniqtuq pitquyaqmik.

Paluktainaq ilvit inuuyuat taamna uqausiit. Uqaqlutin nakuuyuq, aglaan mikiyuat isuma nakuuyuq suli. Taamna ilisimayuaq sigaaqtluq atugaa uqqituaq. Uqqituaq taamna nutaraq ukiuqmun qulit pingasutmun tutqaanaittuq asulu apiqsigaalu iqsisaknaitut.

Ilisimayuaq tapqua mikiyuqmik nutaraq ukiuqmun qulit pingasutmun ilaksaqtuaq atugaa sigaaqtluq pisuktuat taamna qaitta makpiraat. Asiin, taamna uqaqtuat allauyuqaq tapqua uqqituaqlu nangiarnaqtuq atugaa pisuktuaq.



NANGIARNAQ TUQ MIKLIYUAQ

Nangiarnaqtuq mikliyuaq atdjigiiktuk taamna Inuit inuuyaqlu isumalu. Asiin mikliyuaq tadjvainaq anniarunlu, inuuniarviklu maniklu isaktuaq sigaaqtluk atugaa tapqua inuum allauyuat suuq atugaa sigaaqtluk, taimaqtuq tutqaanaittuqlu pisuktuat tamaita inuit. Iluaqtaq ila nangiarnaqtuq mikliyuaq sivunniurutit uqaqtuat tapqua atugaa sigaaqtluknutaq ukiuqmun qulit pingasutmun pisuktuaq qangma suli atugaa sigaaqtluk. Nangiarnaqtuq mikliyuaqanngiyyagaa taimanngaisaktuaq tapqua nutaraq ukiuqmun qulit pingasutmun (akimiaq atuasiq kiilu+) taimungamun atugaa sigaaqtluk¹.

Nangiarnaqtuq mikliyuaq sivunniurutit tapqua nutaraqmum ukiuqmun qulit pingasutmun:

- Ilaanni sanasuillutik akunrani atugaavit sigaaqtluk taimungamun asiin atugnaituq. Atugaa atausiqmik sanasuillutik akunrani asiin mikiyumiqlu.
- Mikiyumiq atugaa sigaaqtluk kisiani sivikittuq ikayuqnairin tutqaanaittuq ilisarvikmi.
- Atugaalutin tapqua ilaksaqtuaq surautat mikliyuaq THC (15% mikliyuaqlu). Maqaiglutin inugiaktut isuqtuq THC surautat ikayuqnaqtuaq mikliyuaq nangiarnaqtuq.
- Atugaavit surautat piksagaa CBD ilisaqtuaq allauyuaq inukittut annirnaiyautit isuma isaktuaq taamna THC.
- Sigaaq inukittut surraituq atugaa taamna sigaaqtluk. Tapqua niqi-sigaqaqlut inukittut uqqituaq ilaksaqtuaq, aglaan itqaqlutin mikiyuqmiq niqi-sigaqaqlut sangivialuklu kiilu sivituyumik annirnaqtuaq sigaaqmun.
- Maqaiglutin atugaa sigaaqtluk allauyuaq annirnaiyautit, ila taan'ngaqlu taugaaqiqlu. Atautchikun sigaaqtluk allauyuat naluyuut annirnaqtuaq tadjvainaq tuquniaktuak.
- Asulu, niuvigaa pitquyaq sigaaqtluk niuvvaavik tapqua www.nulc.ca (Nunavutmi) asulu www.ntlcc-cannabis.ca (NWTmi). Asiin isumaliuqtuaq pimagaanakurualuktuaq sigaaqtluk inugiaktut pisaalluktuaq ilitaqmun.
- Sivunniurutit ilitaq imun siniklutin ilannaqmun iglu atugaavit sigaaqtluk. Aksaligaqmum sigaaqtluktuaq aquti annairguvit tamaita ilitaq.
- Ilvit apiqsilutin: Ilitaqvik ilaksaqvik atugaa sigaaqtluk inuumlu? Ilaksaqtuaq sigaaqtluk tapqua inuum tutqaanaittuq i glumunlu ilitaq.
- Maqaiglutin avvakuyaa surautatlu sigaaqtluklu mikliyuaq nangiarnaqtuq avvakuyaa anniaruutlu, COVID-19 anniarun avvakuyaa taamna tivvaugaa nippitqaaqtuaq surautatlu sigaaqtluklu.
- Miquqlutin, sungauyaqlu inangunaituqlusi ilatkanlu innaitlu, ilisaqluutin kisian inuuyaq tapqua nakuuyuq paluktainaq isumaaluktuaq, ilurriyaa anniaqtuaq asulu nirupsaarsimayuaqlu. (Pilimmaksarniq)

Taamna sigaaqtluk atugaa ilisaqtuaq anniaqtuqlu isuma anniarunlu, asiin atuatchikun tapqua ilatinlu inugiaktut inuuyaq maqaigaa anniaqtuaq, taamna isumaaluktuaq inuuyaq anniaqtuaq isuma. Atuatchikun taamna inuuyaq nakuarigaa tapqua atautchikin taimungamun ikayuqtaq taamna anniaqtuqlu isumaanniarunlu.



IKAYUQTUAT MAKPIRAAT

- drugfreekidscanada.org/prevention/drug-info/cannabis
- getsensible.org/get-toolkit
- ccsa.ca/cannabis
- canada.ca/en/health-canada/services/drugs-medication/cannabis.html
- sexgenderscannabishub.ca
- cannabisknowledgehub.ca
- www.canada.ca/en/health-canada/services/drugs-medication/cannabis/resources/first-nations-inuit-metis.html



For a list of references please contact
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September, 2021

